

Listen to Coach Slowinski's Interview on Above180

Contributed by Joe Slowinski
Sunday, 23 September 2012
Last Updated Tuesday, 23 October 2012

Coach Slowinski is the guest on the ABOVE180 Podcast for September 22, 2012. "This week we are joined from Budapest by Joe Slowinski. Joe is a USBC Gold Coach, BJI Top 100 Coach, IBPSIA Certified Pro Shop Technician, and PBA Member, be sure to check out Joe's website. We spend a fair portion of our interview discussing Joe's piece in the BTM titled, "Shape Shifting: Matching Ball Motion Shapes to Maximize Margin of Error". The article in its entirety can be read here. Joe also talks about the number one thing you need to remember if you want to succeed as a team. We end by hitting briefly on how important your mental game is, and why bowlers need to DYDS."

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